# **Stay Safe!**

## Protecting Yourself, Your Family, Friends, and Pets Before the Storm Strikes

#### At Home or Work:

Primary concerns deal with loss of heat, power and telephone service and a shortage of supplies if storm conditions continue for more than a day.

#### Have available:

- \* Flashlight and extra batteries
- \* Battery powered NOAA Weather Radio
- Extra food and water- High energy food such as dried fruit, nuts, and granola bars are best, as is food that doesn't require cooking or refrigeration
- Extra medicine and baby items
  First aid supplies
- \* Heating fuel- Refuel BEFORE you are empty. Fuel carriers may not reach you for several days after a significant winter storm
- \* Emergency heat source- A fireplace, wood stove, or space heater are each excellent options with proper ventilation and fire prevention techniques
- \* Fire extinguisher and working smoke alarm

#### In Vehicles:

- Plan your travel and check the latest weather reports to avoid the storm. Let someone know your timetable as well as your primary and secondary travel routes.
- \* Carry a winter survival kit, which should include:
  - ✓ Mobile phone with charger/batteries
  - ✓ Blankets/sleeping bags
  - ✓ Flashlight with extra batteries
  - ✓ First-aid kit
  - ✓ Knife
  - ✓ High calorie, non-perishable foods
  - ✓ Extra clothing
  - ✓ A large empty can to use as an emergency toilet, as well as tissues/paper towels
  - ✓ Small can and waterproof matches to melt snow for drinking water
  - ✓ Sand or cat litter to use for traction
  - ✓ Shovel
  - ✓ Windshield scraper and brush
  - ✓ Tool kit
  - ✓ Tow rope
  - ✓ Booster cables
  - ✓ Water container
  - ✓ Compass and road maps
- \* Also, be sure to keep your gas tank near full to avoid ice in the tank and fuel lines
- \* Try not to travel alone

### On the Farm/Pets:

- \* Move animals into sheltered areas.
  - ✓ Shelter belts, properly laid out and oriented, are better protection for cattle than confining shelters, such as sheds.
- \* Haul extra feed to nearby feeding areas.
- \* Have water available
  - ✓ Most animals die from dehydration in winter storms
- \* Make sure pets have plenty of food, water and shelter.

## **Dress for the Weather:**

- \* Wear loose, light weight, warm clothes in layers
  - ✓ Trapped air insulates.
  - ✓ Remove layers to avoid perspiration and subsequent chill
- \* Outer garments should be tightly woven, water repellent, and hooded.
- ₩ Wear a hat
  - ✓ Half of your body heat is lost through your head.
- \* Cover your mouth to protect your lungs from extreme cold
- \* Mittens, sung at the wrist, are better than gloves.